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## **A LITTLE GOES A LONG WAY WITH BONE HEALTH**

The National Osteoporosis Foundation predicts 47 million people are expected to suffer from low bone mass in the next five years<sup>1</sup>. New research highlights how easy it is to make sure you're not one of them. A recent study by Les Mills and Pennsylvania State University found that low weight, high repetition resistance training will increase your bone density.

Study participants completed two to three BODYPUMP™ classes per week. The result? They all experienced up to eight per cent bone mineral density increases in their legs, pelvis, arms and spine.

That's a good thing. You may not know it but having a high bone density level is paramount to good health – especially as you age. Once you hit 40 your bone mineral density declines at an accelerated rate.

Head of Research at Les Mills, Bryce Hastings says these findings have turned an old theory on its head. "It's often thought the heavier the weight you lift, the more benefit you get from it but that's not always true. Lifting very heavy weights has always presented barriers for older and untrained adults as sometimes this type of intensity can be outside the realm of their physical capabilities. That's why using lighter weights is so good – because everyone can do it no matter their age or experience."

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<sup>1</sup> National Osteoporosis Foundation. America's Bone Health: the State of Osteoporosis and Low Bone Mass in our Nation. 2002

The study also found outstanding results for those with osteopenia – a condition caused by low bone density. These individuals experience significant bone mineral density increases of up to 29 per cent.

Age is no barrier when it comes to increasing bone density. You may not always be able to see the results, but benefits will prove their worth well in the future as those with strong bones are less likely to break them from falls later in life.

When it comes to the benefits of BODYPUMP building bone strength is just the tip of the iceberg. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors coach you through the scientifically-proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own. You leave the class feeling challenged and motivated, ready to come back for more.

## **ENDS**

Notes to editors

*The full study titled, “Low Load, High Repetition Resistance Training Program Increases Bone Mineral Density In Untrained Adults,” was published in The Journal of Sports Medicine and Physical Fitness and is now available [here](#).*